

Housekeeping
as a Profession

The Tribune Institute Tested Foods

Small Fruits and Berries Served in Many Different Ways

Berries and Fruits au Naturel Are Amazingly Improved When Chilled and Attractively Dished

FRESH berries are nearly always popular, and strawberries and raspberries served with sugar and cream need no recommendation. Unfortunately, in most of the city markets, the large, luscious blueberry is almost unknown and the smaller huckleberries are not particularly tempting when served au naturel. They can, however, be made into delicious pies, puddings, muffins and waffles, and as in the two latter recipes it takes but half a basket for the formula they are not an expensive ingredient.

If you can secure the real Southern blueberries try them for luncheon or supper in a large bowl, with broken graham crackers, a little sugar and thick cream. This simple dish will linger long in your memory.

Gooseberries and Cherries

Gooseberries are not so well known, but they also lend themselves to a variety of good desserts. Turnovers, deep gooseberry tarts, dumplings, whips and the old English dish known as gooseberry "fool" are especially good, and a little of the fruit juice is very refreshing added to iced tea or any of the cooling summer beverages.

Both currants and cherries come also under the head of small summer fruits, and the pronounced flavor of those fruits is so tart and appetizing that they are especially useful to the home caterer during the warm summer months, when appetites are apt to flag and need coaxing.

The large cherry currants are the only variety that should be served uncooked, and these must be fully ripened. They look and taste extremely good when dipped in a thick meringue and then dusted with granulated sugar. Dry on waxed paper before serving in clusters.

For cooking the tart cherries are best. These also should be quite ripe, for they are then dark in color, and while slightly acid in taste the flavor is very rich and the juice of a heavy consistency. In serving the

oheart cherries uncooked place them in a deep bowl with alternate layers of finely cracked ice and garnish with a few of the green leaves.

To make the currant shrub place a quart of currants in a kettle, add one cupful of water, the thinly pared rind of one lemon and a bit of stick cinnamon. Bring to the boiling point, mash the fruit and strain through a jelly bag. Sweeten to taste and chill on the ice. Dilute to the desired strength with chilled vichy and serve with two tablespoonsful of shaved ice and a slice of orange in each glass.

The Budget

Supplies for the week will include at the butcher's one and a quarter pounds of stewing veal at 28 cents a pound, one can of boned chicken for 70 cents, two ounces of smoked beef at 4 cents an ounce, three lambs' kidneys at 8 cents each, two pounds of short steak at 50 cents a pound, a quarter of a pound of bacon at 48 cents a pound and a slice of salt pork for 12 cents.

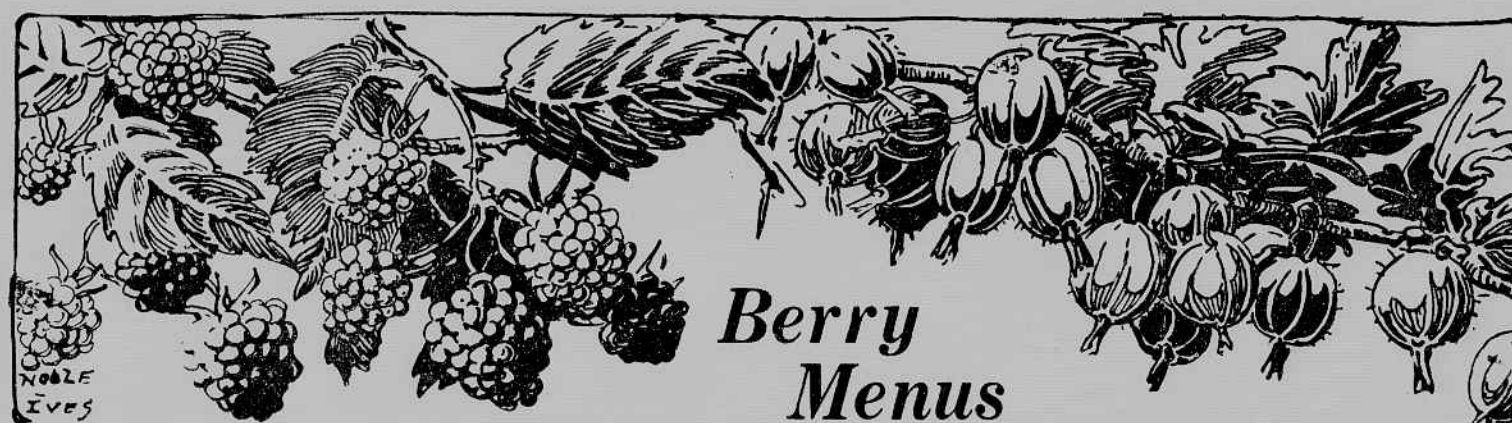
At the fish market six large chowder clams at 6 cents each, one can of sardines for 30 cents, two pounds of mackerel at 28 cents a pound, one and a half pounds of pan-fish at 25 cents a pound, a third of a pound of dried cod for 10 cents and half a pound of crab meat for 40 cents.

For the dairy supplies purchase one pound of butter for 73 cents, half a pound of oleo for 20 cents, six and a half quarts of grade B bulk milk at 10 cents a quart, six quarter pints of cream at 15 cents a bottle and thirty-six eggs at 64 cents a dozen.

Marketing prices for four persons should run at the following approximate figures:

Butcher's bill.....\$2.61
Fish bill.....2.10
Dairy products.....4.40
Fruits.....4.02
Vegetables.....3.05
Groceries.....3.82

Total.....\$20.00



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Molded Cereal with Raspberries Grilled Bacon Coffee	BREAKFAST Strawberries Browned Vegetable Hash Cereal Muffins Coffee	BREAKFAST Cherries Dry Cereal Waffles Cinnamon and Sugar Coffee	BREAKFAST Blueberries with Cream Fish Soufflé Toast	Breakfast Fruit Purée with Dry Cereal Creamed Smoked Beef on Toast Coffee	BREAKFAST Sugared Currants Brown Bread Watercress Coffee	BREAKFAST Stewed Cherries Creamed Eggs with Bloaters Popovers Coffee
LUNCHEON Jellied Tomato Bouillon Cheese Cocoa Milk Shake Blueberry Waffles	LUNCHEON Grilled Sardines Current and Raspberry Gingerbread	LUNCHEON Cheese Rye Bread Blueberry Sauce Pies	LUNCHEON Sliced Stuffed Eggs in Aspic Jelly Thin Bread and Butter Rolls Cherry Shortcake	LUNCHEON Cream of Corn Soup Bread Sticks Current Shrub Vegetable Salad	LUNCHEON Cucumber, Onion and Lettuce Sandwiches Iced Ginger Tea Cherry Leaf Cake, Foamy Sauce	LUNCHEON OR SUPPER Crab Meat and Mayonnaise Sandwiches Ginger Ale Potpourri Shortcake
DINNER Clam Chowder Spanish Omelet Baked Potatoes Cherry Leaf, Foamy Sauce	DINNER Chicken Consommé (from cubes) Veal Croquettes Mashed Potatoes Raspberry Cornstarch Pudding	DINNER Planked Mackerel with Potato Border Baked Tomatoes Lettuce Salad Strawberry Ice Cream	DINNER Olive and Cheese Canapés Curried Chicken and Rice (canned) String Beans Beet Salad Gooseberry Fool	DINNER Small Fruit Cocktails Fried Panfish, Tartare Sauce Buttered Beets Creole Macaroni Frozen Standish Pudding	DINNER Vegetable Soup Stuffed Green Peppers (With Kidney Force meat) French Fried Potatoes Egg Salad Cheese Straws Steamed Blueberry Pudding With Hard Sauce	DINNER Broiled Steak with Mushrooms Asparagus Parker House Rolls Frozen Fruit Salad Seed Cookies



Recipes for Unusual Cakes, Puddings and Beverages Made From the Short-Season Berries

IN using the several fruits, such as cherries and blueberries, they should always be carefully dried, dredged in flour and beaten in gradually to prevent their sinking.

Blueberry Waffles

These to be at their best should be made with rich sour milk or cream. Sift together one and a quarter cupful of flour, one-quarter of a teaspoonful of salt, half a teaspoonful of baking soda and a scant tablespoonful of sugar. Add the beaten yolks of two eggs, mixed with a small cupful of thick sour milk, two tablespoonsful of melted shortening, the stiffly whipped egg whites and three-quarters of a cupful of blueberries. Beat well and bake in hot greased waffle irons. Serve with powdered sugar mixed with ground cinnamon. Sweet milk and one teaspoonful of baking powder may be used instead of the sour cream and soda.

Current and Raspberryade

This is a very refreshing beverage. Heat one quart of currants with a generous cupful of water, mash the fruit and simmer for five minutes. Remove from the fire, press through a sieve and add half a cupful of sugar and half a cupful of crushed raspberries. Cool, add half a cupful of cold tea, the juice of one lemon and stand on the ice to chill and ripen. When ready to serve, stir well, add a pint of cracked ice, half a cupful of fresh raspberries, one quart of ice water and a pint of chilled carbonated water. Serve in slender glasses and top each portion with a tablespoonful of sweetened whipped cream.

Gooseberry Fool

Cut the tops and tails from a quart of gooseberries and put them into a jar with four tablespoonsful of water and sugar to taste (the amount of sugar depends upon the acidity of the fruit). Set the jar in a kettle of boiling water and let cook until the fruit is very soft. Beat to a pulp, press through a sieve, and to every pint of the cooled pulp beat in half a pint of stiffly whipped cream

and half a pint of thick boiled custard. Taste to see that it is sweet enough and flavor with a dash of grated nutmeg. Serve in sherbet cups lined with halved ladyfingers.

Cherry Leaf Cake

Remove the stones from a pound of cherries. Heat a small cupful of milk and pour over four ounces of grated bread crumbs, adding two ounces of blanched almonds ground finely, the same of melted butter, a quarter of a teaspoonful of salt, a quarter of a teaspoonful of nutmeg and cinnamon and half a teaspoonful of baking powder and three ounces of sugar. Mix well, stir in the cherries and turn out in shallow greased baking tin. Bake in a moderate oven for about forty minutes. Serve with a foamy sauce.

Frozen Standish Pudding

Turn one quart of raspberries into a bowl, sprinkle with half a cupful of powdered sugar, let stand for three hours and mash. Squeeze through cheesecloth, and add a cupful of ice water and a teaspoonful of lemon juice. Turn the mixture into a brick mould. Beat half a pint of chilled double cream and add two tablespoonsful of powdered sugar, a quarter of a teaspoonful of vanilla extract and half a cupful of crushed dried macaroni crumbs. Pour over the fruit mixture, filling the mould to overflow, cover water-tight and bury in ice and rock salt for three hours.

Raspberry Cornstarch Pudding

Blend one cupful of raspberry pulp with two cupfuls of boiling water and add half a cupful of sugar and a scant half cupful of cornstarch moistened with a little cold milk. Cook over hot water and stir until well thickened, then cook for fifteen minutes. Season with a quarter of a teaspoonful of salt and two tablespoonsful of lemon juice. Remove from the fire and pour slowly on the stiffly whipped white of two eggs. Continue to heat until light and mold in individual cups. Chill on the ice and serve with sweetened whipped cream, mixed with sugared crushed raspberries.

Fruit and Vegetable Hors-d'Oeuvres Substitute For Soups in Summer

By Margaret Hamelin

A DAINTY chilled fruit or vegetable cocktail or an appetizing crisp canapé, highly seasoned, may sometimes take the place of the soup course when planning the late spring and early summer menu. They are also well suited to the small luncheon or dinner party, as their attractive appearance and the fact that they may be placed upon the table before the announcement of the meal facilitates the service.

Individual Cucumber Cocktails

Mix together two tablespoonsful of chopped crisp cucumber, one teaspoonful of grated horseradish, one tablespoonful of minced celery and one teaspoonful each of minced scallions and radishes. Moisten well with a French dressing made with tarragon vinegar and serve in a chilled cocktail glass, garnished with cress.

Peanut Canapés

Cut thin rounds of bread and brown them delicately in hot vegetable oil. Spread lightly with cream cheese that has been blended to a paste with mayonnaise dressing and sprinkle thickly with chopped peanuts and minced stuffed olives. Place a sprig of parsley in the center of each.

Mint Jelly Appetizer

Soften one-half ounce of gelatin in a quarter of a cupful of cold water. Boil three-quarters of a cupful of sugar with one cupful of vinegar for six minutes, adding half a cupful of fresh mint leaves, then add the softened gelatin and a quarter of a teaspoonful each of salt and paprika. Stir until the gelatin is dissolved, strain and cool. When the jelly begins to thicken stir in half a cupful each of cooked strips of carrots and cooked peas. Mold in individual molds and chill on the ice.

Fruit Cocktails

Blend together and chill on the ice twelve strawberries cut in halves, three tablespoonsful of shredded pineapple, one sliced banana, half a cupful of pitted oheart cherries and the juice and yellow pulp of two oranges. Sweeten very slightly

with powdered sugar, and just previous to serving pour over enough chilled ginger ale to cover the fruit. Serve in cocktail glasses and add a tablespoonful of shaved ice to each portion.

Scandinavian Canapés

Cut into matchlike shreds hard boiled egg, cooked potatoes and beets and add for each cupful of the combined ingredients two chopped gherkins. Season with salt and paprika, moisten with a chilled boiled dressing and spread on crisp crackers. Serve immediately and garnish with bits of smoked herring.

Vegetable Appetizer

Mix one cupful of finely shredded cabbage, half a cupful of finely cut celery, one finely minced green pepper (from which the seeds have been removed), half a tablespoonful of brown sugar, half a teaspoonful of salt and one-fourth of a teaspoonful of mustard seed. Moisten with French dressing, chill and serve in small glasses lined with a crisp lettuce leaf.

Fruit Purée

Place in a bowl the yellow pulp and juice of two oranges and add three tablespoonsful of cold tea, half a cupful of thick stewed rhubarb and three halves of canned peach cut in strips. Sweeten very slightly, chill on the ice and just previous to serving add a cupful of loganberry juice and a cupful of finely cracked ice.

Tomato and Cucumber Canapé

Cut tomato and cucumbers into one-half inch slices. Dip them in egg mixture and then into crumbs. Sauté well until browned. Place a piece of each on round pieces of toast cut the size of the tomato. Pour well seasoned hollandaise sauce over the canapé and garnish with watercress and strips of crisp bacon.

Shrimp and Anchovy Canapé

Mash a few shrimps to a paste and mix with enough anchovy butter to make it possible to spread on sautéed pieces of toast. Cover with finely minced herring and garnish with a few anchovies and pimento.

Heard in Food Circles

The Door of Thrift

The State Bureau of Weights and Measures has issued a pamphlet called "Make Your Dollar Deliver One Hundred Cents," which contains a great many useful suggestions on buying that every purchasing agent of the household should know. It is not mean nor "near" to keep tab on your purchases and know that you are getting what you pay for. Neither is it being suspicious of your dealer. Every one makes mistakes, and you are helping the honest merchant when you make dishonest competition impossible. Every woman ought to buy by weight, not by package and box. If you pay food prices for wrapping paper, even that counts up in the course of the year, suggests the state bureau.

You can get this thrifty little book by writing to the bureau of the Department of Food and Markets at Albany. They will be delighted to show you "Through the Door of Thrift by the Way of Accurate Weights and Measures."

A good little book, this, to hang on the pantry door or put on the kitchen bookshelf, with its tidy tables of measures and equivalents.

What's the difference in weight between a cup of sugar and a cup of flour? Right quick! This isn't trick information. It is handy to have in adapting recipes, etc.

Milk for Country Children

Country children drink less milk than city children, say the statistics,

In Iowa an educational campaign of six months was run to increase milk consumption among the school children, many of whom were undernourished. In one week 4,500 children wrote compositions on milk. An increased consumption of 15 to 25 per cent resulted, and thousands of children are now carrying milk for lunch who never did before.

What's Good for the Hen

The Agricultural Department has a telling illustration showing a pile of eggs produced by hens fed meat scraps along with their grain and green stuff, and another modest pile, only a little more than half as high, produced by hens who had no meat. A meat-fed hen averaged 125 to 150 eggs for the year and a vegetarian hen only 90! The vitamin theory seems to be encouraging the idea that some animal food is necessary. To be sure, milk will serve the purpose just as well as meat. But the point is that an organic, living animal food or organ has a special value in promoting growth in its consumer. What is good for the hen may be good for the human. Vitalized folks will produce more than feeble ones.

Proprietary Medicines

The last year was a record breaker in the prosecution of falsely labeled proprietary medicines. While false labeling of foods has practically disappeared, the patent medicine misrepresentation keeps mer-

riely on. As has been wisely said, conversation and mystery are the chief selling points of these products, and naturally they are loath to abandon them.

The efficacy of drugs in general is no longer stressed by doctors, and the plain truth about any patent medicine makes very unalluring reading. Gregory's Antiseptic Oil, modestly claimed to cure neuralgia, asthma, consumption, all bowel complaints, distemper, big-head and hog cholera. Right here in the twentieth century in Little Rock, Ark., this was printed in black and white. It was 89 per cent kerosene oil, with small amounts of clove, sassafras, camphor and cassia. A fine of \$50 was imposed.

McGraw's Liquid Herbs of Youth cures stomach, liver and kidney diseases and generally imparts new life and energy to all functions, according to the maker. But only Epsom salts, senna, red pepper, quassia, alcohol and water were found, with a wintergreen flavor, and as this seemed rather a large order for so simple a physic a fine of \$10 was imposed. This product also came from Little Rock, where imagination seems to run riot.

These are typical of the products sold in country districts, where there are no drugstores, to credulous and suffering folk who grasp at a straw in their need and cannot imagine a lie without some foundation. The



lines are not large enough, unhappily, to discourage thoroughly such profitable but discreditable businesses.

Hospitals and Prohibition

"The Journal of the American Medical Association" comments, after only three months of prohibition, on the figures reported by the New York City Board of Ambulance Service in regards to hospital cases of alcoholism and intoxication. Bellevue Hospital shows 228 calls for intoxication during the first two months of 1919, and only 31 calls for January and February, 1920! This decrease maintained throughout the year would make room for 7,000 patients in Bellevue Hospital who would get the care formerly given to "plain and fancy drunks."

"Boston" Beans Cooked Over Charcoal Pictures Real Frugality in France

(Mrs. Duval is the famous hostess of the Dover House, "on the road to Rosaryville," in Maryland, where so many of Washington's diplomats and legislators have dined in years gone by and found the best of French cooking grafted on the best of Southern delicacies with a ravishing result for both the palate and imagination. Mrs. Duval is now in France, and this suggestion from her is offered as a vivid picture in thrift and the French idea of economy, coming as it does from one of the best of cooks and entertainers, as compared with our own opulence of living, the while we bewail the cost of food and fuel. We will guarantee that these beans will be "ravissant aussi."—Editor's note.)

THERE is a way to cook white beans that I feel certain will be of interest to the many housekeepers in America who are trying to have nourishing food and at the same time have it palatable; and last, but by no means least, to keep it within the reach of a modest pocket-book.

In buying food we must take into consideration the cost of cooking it. In Nice we are obliged to do with one hour of cooking gas in the middle of the day and one hour at night. Many will ask what one can do in such a short time to cook a whole meal, and it is just this natural question that makes the French solution of interest.

Charcoal solves the question. Should you live in a large city—like New York—you will be able to get charcoal. In France we pay 1 franc 10 centimes for enough to cook all we wish for three days for three persons! We have a small charcoal "furnace" that is easily made by any one handy with tools.

Get a small-sized iron or galvanized pail or bucket, as shallow as possible. Have a small hole cut about two inches above the bottom and about as wide as it is long. There is a slide in my stove, but a long strip of tin can be used to regulate the draft.

Begin to make the fire by tearing small bits of dry paper and tiny bits of dry wood, the sides of a cheese box or any little slivers of

wood that will catch fire from a match. On this lay a very small lot of charcoal, then another, till you have a handful of red coals, which may need some gentle blowing from either the top or under the fire (through the open place you had cut in the side of the bucket). In about five minutes you have a little burst of red coals and a black top to them. Place your teakettle on the top of the bucket and it will boil in a shorter time than seems possible.

Savory, Slow-Cooked Beans

Of course all this trouble can be saved if you can find, in the foreign quarter, one of the small charcoal "furnaces" such as are in every use here in France. When you buy at last secured your fire, wash to white beans and cover with water. Add slices of onion, leek and a small clove of garlic, pepper and salt as soon as they are boiling, add a little more water, and do this till you have enough water to leave that safely to cook—that is, should you be intending to leave them to themselves. The last thing before you leave the kitchen put a few bits of charcoal on your tiny fire, then always leave the furnace in front of the range, or a flue of some sort, for there is a gas that comes from burning charcoal that is neither pleasant nor safe.

It will take about three hours for the beans to cook. When they are very tender add salt and a bit of grated cheese. A tablespoonful of olive oil is a great improvement, but butter is much cheaper in the United States than it is here, so if you add butter, or a little left-over gravy, you will have a dish that is different, is cooked slowly, is rich in nourishment and which may take the place of meat.

Half the battle against the high cost of living is in making your mind satisfied that your needs are fewer than you used to believe. Take pleasure in seeing how well you can get along with a very few things. "Buy what you need instead of what you would like to possess." This is what that wonderful woman, Mrs. Hetty Green, once said to me. She insisted that it was the principal reason of her success in life.

Matilda Roome Duval

Simple "Budget" Entertaining on Two Days

By Leila W. Breiling

IT JUST happened that we entertained a couple informally for dinner one night and the following day had two girl friends as guests for luncheon. The plans for these two company meals worked together so happily that since then I try to arrange my entertaining if possible on successive days and find it a very good plan.

In the first place the house is in company order throughout. The fine linen, china, silver and glassware can all be made ready at the same time, as from the night before was utilized.

One large can of tomatoes made the salad and soup. The pie and tarts were made the first day, the latter being wrapped in wax paper until used.

Following are two simple menus which work together in saving materials and which could easily be carried out informally without a maid. They were served for four persons:

1. Dinner
Bouillon With Crackers
Baked Ham With Glazed Apples
Celery Salad and Head Lettuce
Russian Dressing
Sliced Pineapple
Sponge Cake

2. Dinner
Fruit Cocktails
Roast Chicken
Mashed Potatoes and Peas
Tomato Aspic Jelly Salad
Strawberry Pie with Whipped Cream

Next Day's Luncheon
Ham Loaf
Creamed New Potatoes
Celery and Pimento Salad
Pineapple Bavarian Cream

2. Dinner
Fruit Cocktails
Roast Chicken
Mashed Potatoes and Peas
Tomato Aspic Jelly Salad
Strawberry Pie with Whipped Cream

Next Day's Luncheon
Cream of Tomato Soup
Chicken Soufflé
Asparagus on Toast
Strawberry Tarts with Meringue

Next Day's Luncheon
Ham Loaf
Creamed New Potatoes
Celery and Pimento Salad
Pineapple Bavarian Cream

2. Dinner
Fruit Cocktails
Roast Chicken
Mashed Potatoes and Peas
Tomato Aspic Jelly Salad
Strawberry Pie with Whipped Cream

Next Day's Luncheon
Cream of Tomato Soup
Chicken Soufflé
Asparagus on Toast
Strawberry Tarts with Meringue

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